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COVID-19: Valley Community Resources

The impact of the COVID 19 outbreak affects both the need for and the delivery of community health services in our region. This list was prepared by the Valley Community Health Team as a reference for colleagues, patients and our community. The list is a summary and not a complete inventory of all community resources available. For more information or to add or update resources, please contact andrea.c.anderson@lakeview.org

General Resources

Organization	Community Served	Description of Services	Contact Information
United Way	Minnesota & Wisconsin	2-1-1 Provides free and confidential health and human services information. Available 24/7 to connect you with resources and information for: Food and housing; Childcare; Legal assistance; Clothing and household items; Counseling; Crisis intervention	Local landline: dial 211 Text your zip code to 898211 <i>*Available in all languages</i> WI cell phone: dial 1-877-947-2211 MN cell phone: dial 800-543-7709

Financial Information & Support

Organization	Community Served	Description of Services	Contact Information
MN/WI Unemployment	MN/WI	UI benefits provide a temporary partial wage replacement to workers who become unemployed through no fault of their own.	Contact your Human Resources Department or https://www.uimn.org/applicants/index.jsp https://dwd.wisconsin.gov/uiben/apply/
Washington County	Washington County, MN	Need financial help due to COVID-19? Apply for cash assistance, Food Support (SNAP) Assistance and Emergency Assistance at www.applymn.dhs.mn.gov Bridge to Benefits is an online screening tool that helps determine potential eligibility for an array of programs. http://www.bridgetobenefits.org/	Washington County Financial Help 651-430-6455

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St. Croix County	St. Croix County, WI	Need financial help due to COVID-19? Apply for cash assistance, Food Support (SNAP) Assistance and Emergency Assistance Access Wisconsin is an online connection to programs for health, nutrition, child care and employment. https://access.wisconsin.gov/access/	Call 888-283-0012 to speak with an Economic Support Specialist, Mon, Tues, Thurs, Fri 8am-4pm, Wed 8am-11am
Operation HELP	St Croix County residents	Provides emergency financial assistance for rent, utilities and car repairs.	715-386-1300 https://operationhelpstcroix.org/services-we-provide/
Valley Outreach	Stillwater Area School District Residents	Financial assistance	651-430-2739
Youth Advantage	Residents living in Stillwater Area Public School District	Continuing to process scholarship requests for youth activities and resources.	https://www.youthadvantage.org/
Great Rivers Consortium	Barron, Burnett, Chippewa, Douglass, Dunn, Eau Claire, Pierce, Polk, St. Croix, Washburn Counties	A “one stop shop” for economic support such as FoodShare, BadgerCare, Child Care and Medicaid	www.access.wi.gov OR 1-888-283-0012 to start application process
Salvation Army of Polk County	Polk County	Rent and utility assistance	715-263-2900
Home Energy Assistance Program	Polk County	Assistance with energy costs	715-485-8480
FamilyMeans	Minnesota and Wisconsin	Financial Solutions & Credit Counseling (Debt Management Program)	651-789-4014 FamilyMeans.org

Food Security Resources

Organization Name	Community Served	Description of Services	Contact Information
Valley Outreach	All Communities	Food is provided through a drive-up model. No appointment needed.	1911 Curve Crest Blvd, Stillwater, MN 55082 Mon, Wed, Fri 9:30am-11:30am Tues, Thurs 4:30pm-6:30pm
Hunger Solutions Food Helpline	Minnesota	Hunger solutions helps people find out about food insecurity resources in their communities. The full guide lists individual food shelves in each community.	1-888-711-1151 http://www.hungersolutions.org/find-help/
Free Meals for Kids App	Minnesota	Free Meals for Kids App uses GPS to show locations of schools and other sites providing meals and meal packs. Kids up to age 8 can show up without prior signup for free meals.	Visit https://hunerimpactpartners.org to learn more and download the app
Feed Hungry Kids	Twin Cities	Two websites that list restaurants that are providing free children's meals	Eater Twin Cities Free Kid Meals in Twin Cities Metro Area
Meals on Wheels	Twin Cities Metro, MN	Meals on Wheels is providing nutritious and delicious home-delivered meals during the Stay at Home order.	612-623-3363 https://meals-on-wheels.com/safe-delivery-and-other-faqs-for-meal-recipient/
MN Central Kitchen	Washington County, MN	MN Central Kitchen is distributing prepared meals in partnership with Washington County Loaves and Fishes.	Forest Lake YMCA: Mon-Fri 12pm-2pm Woodbury YMCA Eastern Twin Cities Islamic Center (ETCIC) in Afton: Wed 5:30-6:30pm
Our Community Kitchen	Stillwater, MN	Our Community kitchen is providing curbside pick-up from 8am-10am. <i>*Closed through May 13 for Shelter in Place</i>	Pre-order at 651-439-2609214 3 rd St N, Stillwater, MN (inside Ascension Episcopal Church) 8am-10am
Hudson Food Shelf	Hudson, WI		715-338-0332 Mon-Thurs – 9am-12:30pm; Tues – 4-6pm Or call for an appointment
Five Loaves and Two Fish Thrift Store	New Richmond, WI	Curbside pick-up. When you arrive, please stay in your car. A volunteer will bring you a shopping list, then a volunteer will shop and pack your food during normal distribution hours.	Mon – 6-7:30pm; Tues – 10am-Noon Wed – 2-4pm; Thurs – 6-7:30pm
Pierce County Food Pantry	Pierce County, WI	Call ahead for information and to make an appointment. Curbside pickup.	715-273-2070 440 N Maple Street, Ellsworth, WI Mon, Tues, Thurs 9:30am-Noon Wed 4-6pm by appointment

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Elmwood Food Pantry	Elmwood, WI	Call ahead for pick up times. Curbside pickup. Bring ID.	715-639-2307 108 S Main Street, Elmwood, WI 1 st Tuesday of the month, 3-6pm 3 rd Tuesday of the month, 9am-1pm
Plum City Food Pantry	Plum City, WI	Call ahead for pick up times. Curbside pickup. Bring ID.	715-647-2191 301 First Street, Plum City, WI Thursdays 10am-2pm Except 2 nd Thurs of month 3-7pm
Prescott Area Food Pantry	Prescott Area, WI	Call ahead to make appointment, delivery option is available. Curbside pickup. Bring ID.	715-262-4143 911 Pearl Street, Prescott, WI Reduced hours: Thurs and Fri 12pm-3pm
River Falls Food Pantry	River Falls, WI	Call ahead for information or with dietary restrictions. Curbside pickup. Delivery option for homebound residents.	715-425-6880 705 St. Croix Street, River Falls, WI Mon. 10am-12pm, 6:30pm-8pm; Wed. 1-5pm; Thurs. 6:30-8pm; Fri & 2 nd Sat. 10am-12pm
Spring Valley Community Food Pantry	Spring Valley, WI	Call ahead for information or for emergency needs outside of regular hours.	715-778-5988 St. Johns Lutheran Church Ed. Building S425 Church Ave, Spring Valley, WI 2 nd and 4 th Wed. 10am-11:30am & 4:30-6pm Call for emergency needs outside of hours.
Amery Area Food Pantry	Amery, WI	Serves Amery School District. Curbside pickup.	715-268-5999 https://www.facebook.com/ameryareafoodpantry/ Mon 9:00 am-12:00 pm; Thurs 3-6:00 pm
ARDC of Northwest Wisconsin	Amery Area	Meal delivery open to people of all ages. Nobody is ever denied service.	877-485-2372 http://www.adrcnwwi.org/pdf/ADRC%20Brochures/Nutrition%20Program%20Brochure%20Draft.pdf
Ruby's Pantry	Amery, Clayton, Clear Lake, Luck, Cumberland, WI	Ruby's Pantry distribution locations are changing frequently.	https://www.rubyspantry.org/find-location
Lifeline Food Pantry	Clayton, Clear Lake, WI	Curbside pick-up	715-263-3846 560 5 th Street (Clear Lake Area Community Center; South Exterior Entry – Door 15) Wed 1:00-5:00 pm and Thurs. 12-4 pm
Loaves & Fishes	Luck & Unity School Districts	Curbside pickup	715-566-4415 300 N 1 st Street, Luck, WI 54853 (back entry of DBS Hall/Lions Hall) Tuesdays 11am-1pm; Thursdays 11am-1pm

Turtle Lake Food Pantry	Turtle Lake, WI	Curbside pickup	715-986-4158 125 Osterman Drive, Turtle Lake, WI 54889 (NE corner of Industrial Blvd and Osterman Drive) Tuesdays 12:30-3:30 pm
Washington County and MN Central kitchen	Washington County, MN	MN Central Kitchen is distributing prepared meals in partnership with Washington County-Loaves and Fishes sites <ul style="list-style-type: none"> • 3 sites in Washington County • Forest Lake YMCA (M-F serves 12-2 pm) • Woodbury YMCA • Eastern Twin Cities Islamic Center (ETCIC) in Afton (Wed. 5:30-6:30 pm) 	

School Food Resources

Organization Name	Community Served	Description of Services	Contact Information
Hudson School District	Hudson School District	Free breakfast and lunch for children age 18 and under. during school closures.	Mon-Fri 10:30am-1:00pm Hudson High School North Parking Lot
Hudson Backpack Program	Hudson, WI	Food assistance for children. Backpacks are filled with nonperishable, child-friendly food items for breakfast, lunch and dinner.	Pick-up at Hudson High School on 4/8, 4/9 and 4/22, 4/23 from 10:30am-1pm Sign-up at https://www.hudsonbackpack.com/
New Richmond School District	New Richmond School District	New Richmond School District will provide free breakfast and lunch to all children 18 years and younger.	Locations and schedule can be found at
Ellsworth School District	Ellsworth, WI	Daily grab-and-go lunch for all children age 18 and under.	Pick-up 11am-1pm daily Bay City Post Office, Ellsworth HS, Our Saviors Lutheran Church
Elmwood School District	Elmwood, WI	Porch delivery, breakfast and lunch.	8-8:30am
Prescott School District	Prescott, WI	Breakfast and lunch provided for all children age 18 and under. Drive-up service in the back parking log to Malone Elementary. Delivery options for families who are unable to pick up food.	Mon-Fri 11am-1pm To register, visit: https://docs.google.com/forms/d/e/1FAIpQLSfhC9ffnaPRliyzAkdP6i0xHBtsnfCBd38o7FFqIvOADGoiAw/vi ewform
River Falls School District	River Falls, WI	Meals provided for all children age 18 and under. Pick-up or delivery options available.	To register, visit: https://docs.google.com/forms/d/e/1FAIpQLSdxSE4rX4-uHjm7bAgHYtDjw28q_v5fO4wgRno7pncceYlgVQ/vi ewform

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Spring Valley School District	Spring Valley, WI	Meals provided for all children age 18 and under. Porch delivery via bus routes.	To register, visit: https://docs.google.com/forms/d/e/1FAIpQLSdInv2GfSPYN7PXI8-QAET1rULz0lJrtIzbZYIaQKaxVjNpMg/viewform
Stillwater School District	Stillwater School District	Stillwater Area Schools will provide free breakfast and lunch to all children 18 years and younger.	https://stillwaterschools.org/district/district-news-e-news/free-meals-while-school-out
Mahtomedi School District	Mahtomedi School District	Mahtomedi School District will provide free breakfast and lunch to all children 18 years and younger	https://www.mahtomedi.k12.mn.us/page/3699
Amery School District	Amery School District	Amery School District is offering free breakfast and lunch to children 18 and under.	Fore locations and times, and to sign up: https://www.amerysd.k12.wi.us/district/freemealsignup.cfm
Polk County Backpack Program	Polk County School Districts	Backpacks with meals and snacks for the weekend continue to be sent home to families with school meal drop-off or pick-ups. Contact your school district for more information.	Amery 715-268-9771; Clayton 715-948-2163; Clear Lake 715-263-2114; Frederic 715-327-5630; Osceola 715-294-4140; St. Croix Falls 715-485-9823; Turtle Lake 715-986-2597; Luck 715-472-2152; Unity 715-825-3515;
Clayton School District	Clayton School District	Free breakfast and lunch for children age 18 and under who signed-up via online survey.	To sign up for meals, call the office: 715-948-2163 https://www.claytonsd.k12.wi.us/district/covid-19-information.cfm
Clear Lake School District	Clear Lake School District	Free meals to all children in the district, age 8 and under. Meals will be delivered on Mondays and Wednesdays during the school closure. Each delivery contains multiple breakfasts and lunches.	Meals delivered via regular bus stops for those on bus routes 11:30am-12:30pm Meals available for curbside pickup outside the Elementary office 1:30am-12:30pm Penny Kobernick at pkobernick@clwarriors.org or Billie Jo Johnson at bjjohnson@clwarriors.org.
Luck School District	Luck School District	Free meals delivered to homes on weekdays for all children 18 and under.	To set up delivery: 715-472-3132 https://www.lucksd.k12.wi.us/district/covid-19-updates.cfm
Turtle Lake School District	Turtle Lake School District	Free breakfast and lunch for children age 18 and under (or age 21 for those receiving special education services).	https://docs.google.com/forms/d/e/1FAIpQLSeCUcap7MAQg7rk2YjeGBKvBeBd2q2Dh23dwy-mUdw1fbg-Q/viewform
New Richmond School District	New Richmond, WI	New Richmond School District will provide free breakfast and lunch to all children 18 years and younger.	Locations and schedule can be found at
Somerset School District	Somerset, WI	Somerset Schools have meals for families who sign up, the link and note from the district indicates that the sign up period is closed, and that the form will not be regularly monitored.	The district indicates <i>“the deadline for sign-up has passed and this form will not be regularly monitored as staff is working very limited hours”</i> .

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<https://docs.google.com/forms/d/e/1FAIpQLSeeAFZ2lBnvi8XdXzg-GBURzVsrekUDsIFjkrRCR05pYmmKA/viewform>

Grocery Resources and Meal Delivery

Organization Name	Community Served	Description of Services	Contact Information
County Market	Hudson, WI	County Market is open 6am-7am for seniors, first responders and medical personnel.	2310 Crest View Dr, Hudson, WI 54016 715-386-8214
Cub Foods	Stillwater, MN	We welcome health care professionals, first responders, elderly and high-risk customers to shop from 6-7am to provide proper social distancing. We ask that others wait to shop until after 7am to help keep everyone safe.	Store open 24 hours Pharmacy open 6am-10pm Store: 651-430-2350 Pharmacy: 651-430-2362
Wal-Mart	Oak Park Heights, MN Hudson, WI	To support our customers age 60+, our stores will host special shopping hours from 6-7am every Tuesday, through April 28. Pharmacies are open at this time. Vision centers are open for emergency and essential needs only.	Oak Park Heights 651-439-7476 5815 Norell Ave N, Oak Park Heights, MN 55082 Hudson 715-386-1101 2222 Crest View Dr, Hudson, WI 54016
Cub Foods		Cub offers online grocery shopping and grocery delivery or pick-up. We'll deliver your groceries in as little as 1-hour to your home or office seven days a week. Free delivery on your first order of \$35 or more.	https://shop.cub.com/
Target and Kowalskis		Both use Shipt for delivery & have grocery pick-up. Shipt is available in select zip codes – see website for more information.	https://www.target.com/c/shipt/-/N-t4bob https://www.kowalskis.com/shop-online https://www.shipt.com/
Wal-Mart		Shop Wal-Mart's food selection online anytime, anywhere. You can even use the Walmart Grocery App. Choose a convenient pickup or delivery time. Delivery available in select areas. Free pick-up available everywhere.	https://grocery.walmart.com/
Help at Your Door grocery delivery	Twin Cities Metro, MN	Orders can be placed over the phone or online. Delivery of grocery items and help with putting items away. EBT payments/SNAP benefits are accepted	https://helpatyourdoor.org/services/#grocery Phone: 651-642-1892
Metro Mobility Grocery Delivery	Twin Cities Metro	Stay home and stay safe. Certified Metro Mobility customers can now order groceries and household essentials online from a store that has online shopping and local pick up. Metro Mobility will pick your order up and deliver to your house.	Metro Mobility Service Center 651-602-1111 COVID-19 Service Hours Mon-Fri: 7am-4pm / Sat-Sun: 7am-6pm

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Free service — no fares for delivery.

<https://metro council.org/News-Events/Transportation/Newsletters/Let-Metro-Mobility-pick-up-your-grocery-order-2020.aspx>
<https://www.shipt.com/>

Shipt Select zip codes – Delivery from local and national retailers – groceries, see website for household items, pet supplies, and more! more information

Housing & Social Services Information

Organization	Community Served	Description of Services	Contact Information
Washington County	Washington County, MN	Hotline: Housing/homelessness, transportation, social services and more (including child protection and adult protection)	Washington County 651-430-6455 Emergency social services & child protection – after 4:30pm and on weekends 651-275-7400
Homeline	Minnesota	HOME Line provides free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems.	https://homelinemn.org/
Housing Link	Minnesota	Housing resources and housing authority waiting lists.	https://www.housinglink.org/
LawHelpMN	Minnesota	COVID-19: Renters' Rights and Court Changes During the Pandemic	Lawhelpmn.org
State of MN	Minnesota	Suspending Evictions and Writs of Recovery During the COVID-19 Peacetime Emergency	https://mn.gov/governor/assets/EO%2020-14%20Filed_tcm1055-424508.pdf
St. Andrews Resource Center	Washington County & Suburban Ramsey County	St. Andrews help line and email continue to be monitored and responded to. Continue to call the help line and leave a message letting St. Andrews know what your needs are – this will help them continue serving neighbors in need. Shelter and rental assistance will continue to be offered, however St. Andrews is unable to receive any new shelter intakes at this time.	651-762-9124 https://www.saintandrews.org/serve/serve-care-locally/community-resource-center/center@saintandrews.org
Grace Place Homeless Shelter	St. Croix and Polk Counties	Grace Place remains open for those experiencing homelessness.	505 W. 8 th Street New Richmond, WI 54017 Call First: 715-246-1222 (staffed 24 hrs/day)
West CAP	Barron, Pierce, Polk, St. Croix Counties, Wisconsin	Housing assistance for Wisconsin residents.	http://westcap.org

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Mental Health, Crisis Response & Support

Organization Name	Community Served	Description of Services	Contact Information
NAMI Support Groups	All communities	NAMI MN has moved many of its support groups to Zoom. Support groups for everyone, including young people, the LGBTQ community, parents and family members.	Find NAMI Minnesota's online support groups
NAMI MN Classes	All communities	NAMI Minnesota is offering a new list of free Zoom classes for the public and will be regularly updating its previously scheduled April and May in-person classes. Family –to-Family Class (web-based): Learn about mental illness, the brain, treatment and resources to help a loved one living with a mental illness. Attendees will build communication skills, reduce stress, find support and discover the common stages of Emotional Responses when supporting someone with a mental illness. Meets weekly for 2.5 hours, for 8 weeks.	Find NAMI Minnesota's Zoom classes for the general public on it's classes page Family-to-Family Class – begins May 4th, 6:30-9pm. To register contact Doug at 612-310-5707
NAMI MN	All communities	Tips for focusing on mental health during COVID-19	https://files.constantcontact.com/09ab5193401/d279f428-17c9-4f4d-9d96-2a0cef42ee11.pdf
NAMI MN Instagram	All communities	Follow NAMI MN to find posters focused on mental health and calming anxiety.	@nami_minnesota_helps
Parent Resources	All communities	These resource guides are for helping parents and adults talk with children about COVID 19	NAMI Covid-19 Parent & Caregivers Resource Guide https://childmind.org/article/talking-to-kids-about-the-coronavirus/
Centers for Disease Control (CDC)	All communities	Resources about managing stress and anxiety during COVID-19	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html
Mindfulness Mobile Apps (Recommended by FamilyMeans)	Any	One way to support your mental health during this time is to download a mindfulness phone application to help to reduce anxiety and stress, and help you and your family to practice mindfulness: Headspace – Focuses on meditation which leads to less stress and better sleep. Life changing mindfulness skills in just 2 minutes a day- https://www.headspace.com/headspace-meditation-app Calm – Mental fitness, relaxation, and sleep are the core of Calm. Providing daily meditation, movement advice, music, relaxing visuals- https://blog.calm.com/about Simple Habit – meditation app that offers daily, five minute meditation sessions designed to provide a brief respite at any point in your day. https://www.simplehabit.com/meditations	
Canvas Health	Minnesota	Continuing to provide telehealth therapy sessions. Accepts Medicare, Medicaid and Medical Assistance. Sliding scale fees are available for those who qualify.	651-777-5222 https://www.canvashealth.org/

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FamilyMeans	Minnesota and Wisconsin	Counseling sessions offered via video session (no in-person meetings). School-Based clinicians are also offering video sessions, and reaching out to students to schedule. COVID-19 mental health support information available here , including information for supporting children during this time.	No-fee or sliding-fee opportunities available 651-789-4014 FamilyMeans.org
Youth Service Bureau	Stillwater, Woodbury, Cottage Grove,	Youth Service Bureau is implementing telehealth. <i>YSB will serve clients regardless of ability to pay.</i>	651-439-8800 https://ysb.net
Make it OK	All communities	Make it OK has moved trainings online to WebEx – check out healthpartnerslocalcare.org , click ‘classes’ for all of the upcoming events.	Make It OK Ambassador Training Online: April 29, 2020, 4:30PM-6:30PM Make It OK Ambassador Training Online: May 20, 2020, 5:00 PM - 7:00 PM Email Stephanie.L.Kovarik@lakeview.org to be invited to the WebEx.
Change to Chill	All communities	Change to Chill Virtual Care Package includes activities for de-stressing that can be done as a class, as a family, one-on-one with a child or as an individual.	English Virtual Care Package Spanish Virtual Care Package Somali Virtual Care Package
Mental Health America	All communities	May is Mental Health Month toolkit with downloadable resources focusing on resiliency and tools to thrive.	Access the toolkit
Minnesota Department of Health	All communities	Resources and tips for focusing on mental health during COVID-19	Supporting Mental Well-being during COVID-19 Taking Care of Yourself in Isolation Maintaining Human Connection in a virtual world
Minnesota Department of Health	Minnesota	Behavioral Health and Emergency Preparedness. A range of mental health and chemical abuse problems may surface in the early stages of an emergency situation. These may continue to emerge among the public and among professionals who respond to an event. Addressing these concerns improves the emergency response and the health of the community.	MDH Behavioral Health

Crisis and Resource Lines

Organization Name	Community Served	Description of Services	Contact Information
The Warm Line	All communities	If you are worried about your mental health, call or text	651-288-0400 Text “Support” to 85511

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National Suicide Prevention Lifeline	All communities		1-800-273-TALK (8255)
NAMI Helpline	All communities	NAMI Minnesota office is operating remotely, but please know that people will need to leave a message and it may take longer to return your call.	651-645-2948, ext. 17
Casa de Esperanza	All communities	24/7 bilingual domestic violence crisis hotlines.	24/7 MN Crisis Line: 651-772-1611 24/7 National domestic violence hotline: 1-800-799-7233 https://casadeesperanza.org/
The Trevor Project	All communities	Confidential 24/7 crisis intervention and suicide prevention services to LGBTQ+ youth under age 25.	Text START to 678678 1-866-488-7386
Minnesota Crisis Text Line	Minnesota	Crisis hotline	Text MN to 741741 To speak/text with an African American representative, text STEVE to 741741
Women's Advocates	Minnesota	24/7 domestic violence crisis line	651-227-8284
Minnesota Recovery Connection	Minnesota	Minnesota Recovery Connection works to ensure that all who seek it have the access to the support, care and resources they need to achieve long-term recovery from addiction. MRC is now holding peer recovery support services via Zoom and phone.	Whether you are contemplating, initiating or sustaining recovery, or you need support as a family member, friend or colleague, peer support services can help: Phone Line: Mon-Fri 9am-5pm 612-584-4158 https://minnesotarecovery.org
Veterans Crisis Line	All communities	Confidential 24/7 crisis intervention and support for veterans, active service members including National Guard and Reserve, and their family members and friends. Many responders are veterans themselves.	Text 838255 Call: 1-800-273-8255, and press 1 Support for the deaf and hard of hearing: 1-800-799-4889
Twin Cities Metro County Crisis Numbers	Minnesota	If you or someone you know is in crisis call:	Anoka Cty: 763-755-3801; Carver Cty: 952-442-7601; Dakota Cty: 952-891-7171; Hennepin Cty Adult Crisis: 612-596-1223; Hennepin Cty Child Crisis: 612-348-2233; Ramsey Cty Adult Crisis: 651-266-7900; Ramsey Cty Child Crisis: 651-266-7878; Scott Cty: 952-818-3702; Washington Cty: 651-777-5222; Washington Cty Sexual Assault Crisis Line: 651-777-1117; East Central MN: 1-800-523-3333
Washington County Mobile Crisis Response Unit	Washington County, MN	Mobile crisis mental health services for adults and children experiencing a crisis. Mobile crisis interventions are face-to-face, short term, intensive mental health services.	24/7 Response 651-275-7400

Family Resources

Organization Name	Community Served	Description of Services	Contact Information
PowerUp	All communities	Join us as we share fun PowerUp-themed videos to inspire kids and families to eat better and move more at home! Cooking demos, activity game ideas, story time, and more!	https://www.facebook.com/events/621146158732017/ powerup4kids.org healthpartners.com/powerupfamily
YMCA	All communities Twin Cities And Hudson, WI	YMCA Free On Demand Online Classes. Fitness and Yoga for adults and children. 12 Bursts is a FREE web experience offering a set of 12, 5-minute fun activity bursts you can do at home every day. K-6 childcare for essential and critical workers during COVID. Financial assistance is available	www.Ymca360.org/ https://12bursts.org/ ymcamn.org/mnchildcare
Cosmic Kids Yoga	All communities	Yoga, mindfulness, meditation for kids	Cosmic Kids
Wisconsin Dept. of Children and Families	Wisconsin	Use the form and map to identify childcare resources near you.	https://dcf.wisconsin.gov/covid-19/childcare/essential

Senior Resources

Organization Name	Community Served	Description of Services	Contact Information
St Paul Lutheran Church/Faith Community Nurse: Gentle Tai Chi classes via Zoom	All communities	All abilities are welcome to participate! If it's your first time using Zoom, you will be prompted to download the app. Say 'yes' to questions about audio and video to allow you to see and hear your friends. The instructor will control audio/video once class starts. Prop up your phone, line up your screens. If your computer does not have a camera, you can still hear and see the class – we just may not see you!	Zoom link: https://zoom.us/j/492126506 Daily classes at 10:00am Special Fan Tai Chi on Mon, Fri and Sat at 9:15am
YMCA Fitness Classes	All communities	The YMCA has online fitness videos available	Find classes, including Active Older Adult classes here
FamilyMeans	Minnesota & Wisconsin	Caregiving & Aging – support, coaching and resources for caregivers and receivers	651-439-4840 FamilyMeans.org

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Minnesota Help	Minnesota	Free statewide information and assistance to help you connect to local services in your community. Search for resources and services for senior Minnesotans, caregivers and families	MinnesotaHelp.Info
HelpOlderAdultsMN.org	Minnesota	a new online resource finder tool with current information on services specific to older adults and caregivers during the COVID-19 pandemic.	resources for older persons during COVID-19
Senior LinkAge Line	Minnesota	Free statewide information and assistance to help you connect to local services in your community.	1-800-333-2433
Help at Your Door	Twin Cities Metro	Help at Your Door is serving seniors and individuals with disabilities across the 7-county Twin Cities Metro area. Services include: Store to Door grocery assistance; Home support; Transportation services	https://helpatyourdoor.org/ 651-642-1892
Community Thread	Stillwater Area, MN	Community Thread is matching volunteers to people who are requesting assistance during COVID-19 including: Check-in phone calls during confinement; Grocery, meal or medication delivery; Transportation to essential medical appointments; Letters/drawings sent to people	For assistance or to volunteers fill out this form: https://jkmecik.wufoo.com/forms/z10fvx50ffzum/
Interfaith Caregivers of Polk County	Polk County	Serves adults 60+ years of age or adults with a disability. Medical and priority appointments for healthy clients, grocery delivery, errands, phone calls to seniors to check on well-being.	715-825-9500

Transportation

Organization Name	Community Served	Description of Services	Contact Information
Metro Mobility and Transit Link	Washington County, MN	Metro Mobility and Transit Link are transporting only one passenger per ride – drivers will take passengers directly to their destination.	For those certified for Metro Mobility services: Contact Metro Mobility Service Center at 651-602-1111 Mon-Fri 7am-4pm. For those who live more than ½ mile from a fixed bus stop and are eligible for Transit Link: Contact Transit Link at 651-602-5465, Mon-Fri 7:30am-4:00pm *Trips must be requested 1-4 business days in advance
Community Thread Connector Loop	Stillwater, Oak Park Heights and Cottage Grove	DARTs will provide on-demand rides to passengers in Stillwater and Oak Park Heights on Mondays, and Cottage Grove on Tuesdays. Instead of scheduled stops, passengers must call to schedule a pick-up at their door. Only one passenger will be transported per ride, so drivers will take passengers directly to their destination and return at a set time.	Call DARTs dispatchers between 7:30am-4:00pm 651-455-1560 *Trips must be requested at least 24-hours in advance
Community Thread	Stillwater Area, MN	Community Thread is matching volunteers to people who are requesting assistance during COVID-19 including: Check-in phone calls during confinement; Grocery, meal or medication delivery; Transportation to essential medical appointments; Letters/drawings sent to people	For assistance or to volunteers fill out this form: https://jkmecik.wufoo.com/forms/z10fvx50ffzum/

Updated 4/17/20

Met Council & Metro Mobility	East Metro	Essential healthcare workers can get a free, safe and stress-free ride to work, courtesy of Metro Mobility.	Call the Metro East Zone 651-602-1120 up to four days in advance to reserve your ride. State you're a health care worker and have your badge ready when you travel
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State Health Insurance Enrollment

Organization Name	Community Served	Description of Services	Contact Information
MNSure Navigators	Minnesota	This is a link to get to MNSure enrollment events and listings of navigators who are assisting individuals in the weeks ahead. You can narrow the list by zip codes and then print it out.	https://www.mnsure.org/help/find-assister/enrollment-events.jsp
Portico	Minnesota	Health system navigation. MNSure enrollment assistance.	https://www.porticohealthnet.org
BadgerCare Plus	Wisconsin	BadgerCare application information, resources and provider information.	https://www.dhs.wisconsin.gov/badgercareplus/index.htm
Covering Wisconsin	Wisconsin	Enter your zip code to find free, local health insurance enrollment assistance near you.	https://coveringwi.org/enroll 608-261-1455 OR 414-270-4677

Additional Resources

Organization Name	Community Served	Description of Services	Contact Information
Washington County Public Health & Environment	All communities	COVID-19 Fact Sheets & web pages in many languages	https://www.co.washington.mn.us/QuickLinks.aspx?CID=397
Minnesota Department of Health	Minnesota	MDH COVID-19 Hotline – Health Questions	651-201-3920 or 1-800-657-3903 Hours: 7am-7pm
Washington County	Washington County, MN	Questions about Washington County services	651-430-6000 651-430-6246 (TTY)
Washington County	Washington County, MN	COVID-19 health concerns and questions	651-430-6655
Washington County	Washington County, MN	Property records and taxpayer services (license centers, recorder and registrar of titles, vital records)	651-430-6175